TRANSIT: FERRY BOSS EYES VIABLE SYSTEM, PG10

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Entertainment pg 16

Nickelback tops MMVAs

Same Sex Marriage

With pride weeks now underway across the country, Metro Canada is taking a look at the state of same-sex marriages. Over the next five days, we will look at same-sex marriage in Canada, the United States and around the world and introduce you to people who have gotten married, or plan to tie the knot.

Today
- **Are same-sex couples walking down the aisle? pg 4**

Tomorrow
- **We introduce you to some same-sex couples from across Canada.**

Wednesday
- **After California, same-sex marriage supporters are fighting back.**

Thursday
- **We introduce you to some couples hoping to get married in the U.S.**

Friday
- **An update on the status of same-sex marriages in other countries.**

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca
- **See what other Metro readers are doing and saying about SunnySide**

ANDREA WOO/FOR METRO VANCOUVER

Vancouver-based human rights activist and Miss World Canada 2003 Nazanin Afshin-Jam.

Iran-born activist sees potential for change

Freedoms in Canada should never be taken for granted, she says

ANDREA WOO
for Metro Vancouver

In the wake of the Iranian election fallout, Nazanin Afshin-Jam's phone has been ringing off the hook.

The former Miss World Canada and Stop Child Executions founder has long been a vocal human rights activist, but the current uprising in her homeland is of particular — and more personal — significance. For this reason, various groups, organizations and media outlets are turning to her for her opinions.

"The potential for change is very exciting," said Afshin-Jam, who works as a full-time human rights activist from her Yaletown home. "I feel like I've been waiting for this my entire life."

She believes Iranians must keep the momentum going with acts of nonviolent civil disobedience.

Afshin-Jam was born in Tehran in 1979, the year of the Islamic revolution. Her father, a Sheraton hotel manager, was imprisoned and tortured under the new regime for allowing music, dancing and alcohol at his hotel and faced execution. The family escaped to Spain, however, and settled in Vancouver after a short stay in Montreal.

After graduating from the University of B.C. with a degree in international relations and political science, studying in France and England and working for the Red Cross as a global youth educator, Afshin-Jam entered and won the Miss World Canada pageant in 2003. She used this as a platform to further her human rights activism.

Sunny Side

She is known for helping exonerate Nazanin Fatehi, a then 17-year-old Iranian girl sentenced to hang for killing one of three men who allegedly tried to rape her in 2005.

"Since I was very small, I was very sensitive to people's pain and suffering," said Afshin-Jam, who theorizes her family's exile affected her on a subconscious level. "I always wanted to take away people's pain. It was something intrinsic within me."

Having come from a country rife with political unrest and human rights violations, she is careful to never take for granted the freedoms she has living in Canada — advice she gives those currently struggling or otherwise worrying here in Vancouver.

"There are so many people around the world that are suffering — the real meaning of suffering," she said. "We're so lucky (in Canada) … and I think sometimes during periods of recession people learn great lessons of what life and happiness are truly about."

Two dead, one critical in shooting

SURREY A man and a boy are dead, and a woman is in hospital in critical condition after a shooting at a Surrey townhouse complex yesterday.

According to the RCMP, a man was arrested at the scene and officers are still investigating his role, if any, in the triple shooting.

The boy is believed to have been about 14. The woman was taken by helicopter to Royal Columbian Hospital in New Westminster. METRO VANCOUVER

Canada speaks against recent violence in Iran

STATEMENT Canadian Foreign Affairs Minister Lawrence Cannon yesterday condemned the use of violence against protesters in Iran.

Cannon issued a statement saying that although the scale of casualties is unclear, it is evident that Iranian security forces are using deadly force on its own citizens and deaths have occurred.

"The government's reaction has been to silence the voices of its own people through brutality," the statement read. "The Iranian people deserve to have their voices heard, without fear of intimidation or violence." METRO VANCOUVER

MORE COVERAGE, PG 6

Detained

- Canadian journalist Maziar Bahari has been detained by Iranian authorities and held without charges. The veteran reporter was working for Newsweek magazine.

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Simon Fraser hosting conference
Simon Fraser University is hosting about 400 post-secondary-institution delegates from more than 20 countries this week for a conference on how co-op education, internships and volunteer programs can improve the lives of students and the global community. METRO VANCOUVER

Local

Name sought for dining spot

The Pacific Institute of Culinary Arts is holding a "Name Our Restaurant" contest. Entrants are encouraged to consider the eatery's location at the entrance to Granville Island, inclusion within a culinary training centre and marina-view. Entries can be faxed to 604-734-4408 or emailed to contest@picachef.com before June 30. The winner receives a free meal. METRO VANCOUVER

Charges stem from protest near clinic

ABORTION A well-known pro-life activist and a 72-year-old woman are facing charges for protesting too close to an East Vancouver abortion clinic.

The pair allegedly entered the 50-metre area outside the clinic, known as a "bubble zone," where protesting is illegal.

Donald David Spratt, 58, returned to the Every Woman's Health Clinic on Friday, one day after losing his appeal of a 30-day jail sentence for protesting too close to the same clinic in 1998.

Police arrested Spratt and Cecilia Von Dehn without incident and the two are set to make a court appearance on July 3. KARL YU/ FOR METRO VANCOUVER

News in brief

CORRECTION According to a recent SFU study, 75 per cent of Downtown Eastside residents support the decriminalization of adult prostitution in Canada, not 67 per cent as reported on Friday. Metro regrets the error.

IRAN An estimated 3,000 people gathered at the Vancouver Convention Centre on Saturday night to show support for relatives and friends in Iran and to protest the results of that country's presidential election. METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

Video Hundreds line the streets to mourn slain soldier described as 'Superman' at **metronews.ca/canada**

Immigration Guidy Mamann on the severe consequences of failing to notify the government of a change of address at **metronews. ca/ immigration**

Lotteries

Friday, June 12
Lotto Super 7: 5, 12, 19, 26, 27, 29, 40, Bonus 13.
Extra: 13, 37, 81, 92.
Saturday, June 13
Lotto 6/49: 4, 5, 19, 28, 31, 38, Bonus 34.
BC 49: 7, 12, 14, 22, 35, 44, Bonus 24.
Extra: 13, 23, 37, 88.
These results are not official.

Email bombshell at Taser probe

Judge calls RCMP's failed disclosure 'appalling,' puts inquiry on hold

An inquiry into the death of Robert Dziekanski at Vancouver's airport has learned that a previously undisclosed internal RCMP email suggests Mounties did talk about Tasering the Polish immigrant on their way to confront him.

Thomas Braidwood, the retired judge leading the inquiry, called the failed disclosure by the RCMP "appalling" as it appears to contradict statements made by officers about the night Dziekanski died at YVR in 2007.

Braidwood ordered the inquiry put on hold until Sept. 22, so that witnesses can be recalled. Lawyers had been scheduled to begin closing arguments on Friday.

RCMP lawyer Helen Roberts, who cried on the stand, said she did not receive a copy of the email until April, which was after the officers had already started to testify, and failed to read the message until this week.

Use of weapons planned?

- The four officers involved had testified they never discussed using a Taser stun gun on Robert Dziekanski before confronting him, but the email from the RCMP's internal investigation in 2007 indicated that use of the weapon was planned in advance.

A lawyer for one of the officers said the email was based on wrong information.

Dziekanski, who was in the process of immigrating to Canada, where his mother lives, died after he was jolted five times by a police Taser, although the exact cause of his death has never been determined.

An amateur video of the incident received international publicity after it was posted on YouTube and raised controversy over use of the electronic weapons. REUTERS

Sun shines on dragon boat racers

KRISTEN THOMPSON
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KRISTEN THOMPSON/METRO VANCOUVER

Competitors in the annual Rio Tinto Alcan Dragon Boat Festival race through False Creek yesterday.

The forecast called for rain, but participants of yesterday's annual Dragon Boat Festival enjoyed a stroke of luck as the skies stayed mostly sunny and a refreshing breeze kept competitors cool.

Around 4,000 racers from 150 teams participated in the 21st annual Rio Tinto Alcan Dragon Boat Festival, which took place on the waters of False Creek near Science World.

"This is probably the best team sport anyone can come up with in terms of making 25 friends immediately and working together as a team," said Sheila Page, a participant in the event.

"There are a lot of medical teams, people who have medical or mental issues. It's very positive … And it's a great sport for corporate team building."

Judy Robertson and Holly Blayney were part of the team representing Metro Vancouver — the region, not the newspaper.

"We raced hard. We came in last, but it was a very close and tight race," said Blayney.

"But we went up two levels this year," added Robertson. "We were paddling with the big boys."

Anita Webster, a spokeswoman for the event, said organizers expect around 100,000 spectators came to watch the races, which started at 8 a.m. on Saturday and ended yesterday evening.

"We were thrilled with the turnout," Webster said. "The (public area) was packed all day long."

Greek culture celebrated at festival

GREEK DAY Though born in Vancouver, Jenny Siormanolakis is always sure not to shy too far away from her Greek roots.

"Growing up so many thousands of kilometres away from Greece, our parents were here in a totally strange country, trying to raise us the best they could," said Siormanolakis, the event co-ordinator of Greek Day 2009.

The Greek culture was in full display at the Greek Day festival, which was first held in 1974, in the heart of Kitsilano with everything from souvlaki to Greek dancing.

More than just a street party, Greek Day harkens to the street festival back in the motherland, the Panygiri, and for Siormanolakis it's also about heritage.

"If you don't know where you come from, you don't know where you're going," says Siormanolakis. KARL YU/ FOR METRO VANCOUVER

KARL YU/FOR METRO VANCOUVER

A woman dressed as the mythological character Icarus celebrates Greek Day 2009 on Broadway.

Stabbings send two to hospital

KRISTEN THOMPSON
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Two men are recovering in hospital and a 27-year-old man is being sought for attempted murder after two separate stabbings in Vancouver and Burnaby.

A warrant has been issued for Matthew Barber for attempted murder and uttering threats after a man was found with serious knife wounds early Saturday morning.

Matthew Barber

"(Police) feel that there is a real threat that the male may return and cause further harm to the victim and the victim's family," said RCMP Cpl. Alexandra Mulvihill.

The previous day, a 35-year-old man of no fixed address walked into hospital with non-life-threatening injuries after being stabbed in a fight near Howe Street.

"During the fight one of the men was stabbed," Vancouver police Const. Jana McGuinness said. "When he realized he was wounded he walked himself to hospital."

Anyone with information about either of these incidents is asked to call police.

Cycling journey generates $6.9M to fight cancer
B.C.'s first Ride to Conquer Cancer, an epic cycling journey from Vancouver to Seattle, has raised $6.9 million. In all, 1,701 people across the province took part in this weekend's event. METRO VANCOUVER

Skateboarders go wild

2,500 cruise through city streets to raise money for park

KRISTEN THOMPSON
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Around 2,500 people skateboarded en masse through the streets of Vancouver yesterday for International Go Skateboarding Day and to raise money for LeeSide skate park.

Participants of America's Wild in the Streets 2009 came from around the Lower Mainland to relish in the skate culture and ride with the legendary Emerica professional skateboarding team.

Ashley Souinton from Port Coquitlam and Caroline Samorodin from West Vancouver were two of only a handful of girls at the event, and said participating in the mass skate is a rush.

"The best part about skateboarding is that you get to take over the streets," said Samorotin, 23.

"The rush you get when there's thousands of people rolling along the street, it's the most amazing thing. We take our skateboarding seriously and the main thing about it is to have fun, and it's a lot of fun."

Souinton said there are some guys who give girls a hard time for skateboarding, but for the most part they're supportive and inclusive.

Brian Jones, a spokesperson for Emerica, said 25,000 skateboarders in more than 20 countries took part in last year's events.

"Everywhere from Milan to Dubai to China to here, it's a mass exodus of skateboarders all coming together to skate," Jones said.

"It's … a lifestyle. You live, breathe and die by it. It doesn't matter what race, colour or creed you are. If you're a skateboarder, you're a skateboarder, and that's all that matters."

KRISTEN THOMPSON/METRO VANCOUVER

A skateboarder takes part in Emerica's Wild in the Streets 2009 under the Georgia Street viaduct in Vancouver yesterday.

For a good cause

- Wild in the Streets raised money for LeeSide skate park in East Vancouver, which was envisioned by Lee Matasi and realized after his murder in 2005.

News in brief

CRIME A youth has been charged after at least 10 people aboard a transit bus were hit with pepper spray. The youth allegedly got into an argument with other passengers and released the spray as he was exiting the bus. Two passengers caught him and held him until police arrived.

IRAN A group of SFU students are holding a vigil to show solidarity with their fellow students in Iran who are being violently persecuted. Students in Black will be held at Freedom Square at noon this Wednesday.

COLLISION A female cyclist is in hospital after she was struck by a taxi crossing a green light early yesterday morning, news1130.com reports. It's believed the woman was not wearing a helmet or any reflective clothing.

JAIL TIME The sentence for a convicted pedophile has been extended to five years by the B.C. Court of Appeal, cknw.com reports. The Crown argued the original jail sentence of two years wasn't enough for a man who had sexually assaulted his own daughter since she was a toddler. METRO NEWS SERVICES

Fire near Tyaughton Lake fully contained

KRISTEN THOMPSON
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BLAZE A forest fire that had been raging near Tyaughton Lake for three weeks — and which engulfed 8,000 hectares at its worst — has been fully contained.

Around 350 firefighters worked 12-hour shifts for 21 days to fight the wildfire that started on May 29 and quickly spread through the Cariboo Region west of Lillooet and north of Whistler.

Four helicopters and 20 pieces of heavy equipment were also used to fight the blaze, which was exacerbated by several weeks of hot, dry weather.

Evacuation alerts were ordered for Marshall, Liza, Gun and Tyaughton lakes, as well as Gold Bridge, Bralorne, Gun Creek Road and Mud Creek.

Investigators believe the fire was started by a camper.

Transit officials appealing Canada Line compensation

DISPUTE Transit officials are appealing the B.C. Supreme Court decision to compensate a Vancouver merchant who said her revenues were cut in half during the three-year Canada Line construction project.

Susan Heyes, who said she was forced to lay off her staff and relocate her store, was awarded $600,000 by Justice Ian Pitfield after workers dug up the street in front of Hazel and Co., and rerouted traffic.

A lawyer for Canada Line Rapid Transit Inc., InTransitBC and TransLink, the three companies that are behind the $2-billion private-public project, said in a release there are legal and factual errors in the judgment, which consequently supports an appeal.

Lawyer George Macintosh added the ruling could also have negative ramifications for numerous other public infrastructure projects.

METRO VANCOUVER

Man arrested after alleged threats against ex-wife, police

CRIME A Coquitlam man has been arrested after he allegedly called 9-1-1 and told the operator he was going to kill his ex-wife and members of the Abbotsford Police Department.

After placing the phone call in Coquitlam, police said the suspect took a taxi to Abbotsford, but turned around once he realized officers were following the cab.

The Abbotsford Police Department and a library were locked down, and officers were waiting to arrest the man when he returned home.

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Snowbirds cleared to fly

The Department of National Defence said Saturday the Snowbirds' fleet of jets has been cleared to fly in air shows again after an overhaul and inspection of its lap belts, CBC News Online reports. METRO NEWS SERVICES

Canada

Fire drives out naked swingers

Firefighters are still investigating the cause of a fire that forced clients of a swingers club in Montreal to flee in various states of undress Friday morning, CBC News Online reports. Five clients were trapped in rooms on the second floor. In the end, firefighters were able to break through the window and help clients — some naked, others wearing only towels or robes — escape from the second floor on ladders. METRO NEWS SERVICES

Toronto **Art on the move**

AARON HARRIS/TORSTAR NEWS SERVICE

Hieu Nguyen applies vinyl panels to a city bus in Toronto. Today, three vehicles will be unveiled to launch the Art on the Move project. Eventually there will be 15 art-covered vehicles, unveiled over a period of three years.

Same-sex marriage: Where are we now?

A look at how legal status impacts personal lives

Same Sex Marriage

MAUREEN LITTLEJOHN
for Metro Canada

"I needed to confirm our relationship officially with my friends and family ... All steps taken in the interest of equality are important. Gay marriage cemented the right to be equal in the eyes of the law in all aspects of our lives."
Chris Higgins, on her marriage

It has been four years since same-sex marriage was made legal across Canada and six years since it was legalized in Ontario and British Columbia. The battle to pass Bill C-38 was a triumph for Canada's gay population, but how many people are actually tying the knot? And for those who have, how has legal status impacted their lives?

Chris Higgins, 54, married her partner Chris Phibbs, 50, at a Gay Pride Eve party they threw at their Toronto home in 2005.

"I needed to confirm our relationship officially with my friends and family," she says. The couple's family includes a son who was adopted in 1995.

"All steps taken in the interest of equality are important. Gay marriage cemented the right to be equal in the eyes of the law in all aspects of our lives," she notes.

For some people the right to marry is a partial victory. Clayton Chrusch, 33, a computer programmer, wed Michael Reid, 32, a university astronomy instructor, at a B&B in Dundas, Ont., in October 2003. Shortly after the wedding they moved to Hawaii, where Reid had been offered a job.

Their marriage wasn't recognized in the United States, though, and Chrusch's status was that of a tourist with no health care or job prospects. In 18 months they were back in Canada.

"Same-sex marriage in Canada is no guarantee that gay people can live their lives without unjust restrictions," says Chrusch.

The 2006 census counted 7,500 same-sex married couples.

However, there was concern about the wording on the form that requested same-sex couples mark an "other" box rather than the "married" box.

Egale Canada, an advocacy group for gay, lesbian, bisexual and transgendered rights, stated many of its members had chosen not to complete the census in protest.

Canadians for Equal Marriage, a now defunct advocacy organization, reported there had been 12,438 same-sex marriage licences issued in Canada from 2003-2005, based on its own research of municipal records.

Toronto's city hall confirmed 5,603 same-sex marriage licences have been issued since 2003. Some of those went to non-residents.

Matthew Brozyna, with Hudson Nuptials, a same-sex wedding-planning company in Toronto, says, "Most of our clientele is American or from overseas. They want to get married where it is legal, even though it doesn't often transfer to where they live."

Grit calls for funding probe

POLITICS The auditor general is being asked to probe why Conservative-held ridings got the lion's share of money from a federal program to improve building access for the disabled, including $15 million to Finance Minister Jim Flaherty's constituency.

Liberal MP Mike Savage accused the Conservatives of running a "political slush fund." Of the $38 million distributed under the Enabling Access Fund, $35.9 million went to Conservative ridings, while opposition-held ridings got a total of just $2 million, said Savage.

People with disabilities have been "shut out" because of partisan interests, Savage said. "There are too many troubling questions." TORSTAR NEWS SERVICE

Ignatieff the only rookie among party leaders

POLITICS Had things turned out a little differently this week, campaign buses would have been rolling across Canada this weekend.

However, thanks to some intense conversations between Prime Minister Stephen Harper and Michael Ignatieff last week, Canadians were spared a federal election.

Instead, Canadians got a glimpse of how an election might have unfolded with a new, untried Liberal leader at the helm.

Whenever that election does come, Michael Ignatieff will be the only rookie among the major party leaders.

TORSTAR NEWS SERVICE

News in brief

ACCIDENT A charter bus carrying a Canadian football team crashed into a sport utility vehicle in Indiana yesterday, killing the SUV's driver and hospitalizing 11. The SUV was travelling yesterday morning on the I-69 highway near Angola, Ind. CBC NEWS ONLINE

SEAL HUNT Canadian seal hunters only caught a quarter of this year's quota as the sealing industry was hit hard by the global recession, high fuel costs and plunging pelt prices. The commercial harp sealing season brought in 72,156 seals out of an allowable catch of 280,000. REUTERS

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Top mafia boss caught in Venezuela

A top Sicilian mafia boss on Italy's list of the 30 most dangerous men has been arrested in Venezuela, the interior ministry said yesterday. On the run since 2001 for mafia links and drug trafficking, Salvatore Miceli, 63, was arrested in Caracas, the ministry said. REUTERS

World

Calm among chaos in New York

During the seventh annual free yoga classes in Times Square in New York yesterday, more 200 participants sought peace and calm in the centre of urban chaos. Yesterday was the summer solstice, which marks the first day of summer and is the longest day of the year. REUTERS

Protesters urged to continue

10 killed, more than 100 injured on Saturday: State media

Iranian opposition leader Mirhossein Mousavi urged supporters yesterday to continue protests over a disputed presidential election, in a direct challenge to the leadership of the Islamic Republic.

Mousavi also issued an oblique appeal to the security forces to show restraint in handling demonstrations — a move likely to be viewed with deep suspicion by a conservative leadership that has vowed to use force wherever necessary to quell opposition.

Helicopters buzzed through the evening sky over Tehran and gunfire was heard in northern Tehran, a bastion of support for the reformist former prime minister.

"Protesting against lies and fraud (in the election) is your right," Mousavi said in a statement on his website. "In your protests, continue to show restraint. I am expecting armed forces to avoid irreversible damage."

Iran state television said 10 people were killed and more than 100 others injured in protests in Tehran on Saturday held in defiance of a warning from Supreme Leader Ayatollah Ali Khamenei. A separate report put the number of deaths at 13.

Mousavi said on Saturday he was not questioning the fundaments of the Islamic Republic but sought to renew it and purge it of what he called deceit and lies.

The dispute over the June 12 election that returned to power hardline anti-Western President Mahmoud Ahmadinejad has sparked the most violent unrest since the Islamic Revolution. REUTERS

REUTERS

Supporters of defeated Iranian presidential candidate Mirhossein Mousavi gesture during a protest in Tehran last week. Mousavi said the Islamic Republic must be purged of what he called lies and dishonesty, sending out a direct challenge to conservative rulers after a week of unrest.

Obama concerned with violence

- U.S. President Barack Obama expressed continued concern about violence and "unjust actions" taken against Iranian demonstrators yesterday during a meeting with advisers who updated him about developments in the Islamic Republic.

Suicide bomber kills 73 people in Iraq

ATTACK The death toll from Iraq's deadliest bombing in more than a year rose to 73, police said yesterday, a day after a suicide bomber detonated a truck packed with explosives outside a mosque in the north of the country.

More than half of the victims were pulled from the rubble and dust of around 70 clay brick homes that were flattened in the explosion near the northern city of Kirkuk, said Brig.-Gen. Najeh Mohammed, the local head of civil defence.

"We expect that there are still some dead bodies under the rubble. But the chances are less than before," said Mohammed.

A survivor of the powerful explosion, Askar Zaman, said 10 of his relatives were killed, including sons and grandsons. Another, Hussein Azab, said he lost eight members of his family.

Black flags and banners of mourning fluttered from poles all over the Shiite Muslim village of Taza and the victims were swiftly buried in the same part of the local cemetery.

Major-General Turhan Abdul Rahman, deputy chief commander of police in Kirkuk province, said the death toll from Saturday's blast had climbed to 73, making it the deadliest attack in Iraq since female suicide bombers killed 99 people in a Baghdad pet market in February last year.

Thirty-five children and 15 women were among the dead in the Kirkuk attack. More than 250 people were wounded. REUTERS

Kirkuk

- Kirkuk is viewed as a potential flashpoint between Iraq's Shiite Arab-led central government and Kurds who view it as their ancestral homeland and want it included in their semi-autonomous northern enclave.

Britain ID's 2 dead hostages

IRAQ The dead bodies of two Britons taken hostage in Iraq in 2007 and handed to U.K. officials in Baghdad late on Friday have been provisionally identified, the British government said yesterday.

The men were among five Britons seized by an armed Shiite militant group from inside a finance ministry building in a raid in the Iraqi capital.

The Foreign Office said in a statement the dead men were "highly likely" to be Jason Creswell, originally from Glasgow in Scotland, and Jason Swindlehurst, from northwest England.

British Foreign Secretary David Miliband said on Saturday the three other hostages were in "grave danger."

No details about where, when or how the two men died have been made public. REUTERS

News in brief

NIGERIA The Movement for the Emancipation of the Niger Delta said yesterday it had attacked three oil installations belonging to Royal Dutch Shell in Nigeria, widening a month-old offensive. Attacks by MEND over the past three years have cut oil output in Nigeria to less than two thirds of its capacity.

REBELLION Somalia's hardline al Shaabab Islamists will fight any foreign troops that come to the aid of the Horn of African government, a spokesman for the insurgent group said yesterday. The Somali parliament on Saturday called upon neighbouring countries such as Djibouti, Kenya and Ethiopia to send military help to ward off a raging rebellion. REUTERS

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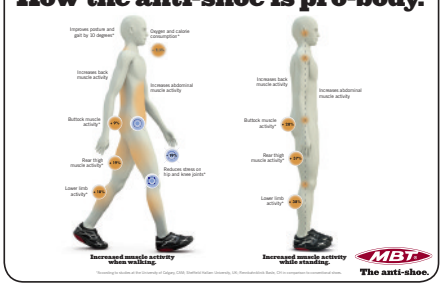

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Mossad chief to stay put in Israel

Israeli Prime Minister Benjamin Netanyahu extended the tenure of the Mossad chief to an eighth year yesterday, a testament to the spymaster's perceived success in waging shadow wars against Iran and its allies.

Meir Dagan, a former commando and retired general, took over Mossad in 2002 with what security sources described as a mandate to monitor and sabotage the Iranian nuclear program ahead of any decision by Israel to launch full-scale preemptive strikes.

Netanyahu

Mossad also has been credited with spotting an alleged Syrian nuclear reactor which Israel bombed in 2007, and with assassinating Islamist guerrillas such as Imad Moughniyah of Lebanon's Hezbollah militia, who was slain in Damascus in 2008.

"This is an excellent man who, at the head of an excellent team, has improved the country's capabilities," an aide to Netanyahu quoted him as telling the Israeli cabinet in its weekly session.

The son of Holocaust refugees, Dagan, 64, has spearheaded assessments that a nuclear-armed Iran would present a mortal threat to Israel. Iran — which denies seeking the bomb — could produce its first such warhead by 2014, Dagan said last week.

He also played down prospects of the current civil upheaval over Iran's disputed June 12 election leading to a change in government, but said Tehran could be persuaded to curb sensitive nuclear technologies if U.S.-led sanctions are intensified.

Failing that, Israel, which is widely assumed to have the Middle East's only nuclear arsenal, has hinted at a military option, though many analysts think Iranian sites are too dispersed and fortified for its air force to take on alone.

That leaves covert action as a stop-gap countermeasure, something Israeli officials privately confirm is under way.

REUTERS

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Obama's health-care plan on life support

U.S. Growing worries over budget deficits and government intervention could jeopardize U.S. President Barack Obama's proposed health-care overhaul in Congress as lawmakers bicker over costs and strategies for covering the uninsured.

Obama and his fellow Democrats, who control U.S. Congress, have enormous political capital invested in succeeding at providing affordable medical coverage to the millions of uninsured Americans, after decades of failed efforts by others, including the previous Democratic president, Bill Clinton. But opposition is building even as a group of senators tries this week to negotiate a proposal they hope will quiet critics and win bipartisan support.

Senate Finance Committee Chairman Max Baucus said he was confident he could craft such a bill.

Obama

"We're working together and we're getting closer and closer to a deal every day," he said in a statement. But Baucus is working with only few Republicans and there are no guarantees he will succeed.

"I'm certainly willing to try to do something and do it right, but we're a long way from that," Republican Senator Orrin Hatch told reporters.

Americans strongly support fundamental health care changes and a move to create a government-run insurance plan to compete with private insurers, according to a poll published Saturday.

The U.S. health-care system is the world's costliest, but 46 million Americans lack insurance coverage to pay for medical care. The United States also lags other nations on important health measures, such as life expectancy and infant mortality.

As Republicans stepped up attacks on Obama's ambitious health-care plan, members of both parties were staggered by early cost estimates of $1 trillion or more for proposals that still left millions of people without health insurance.

Republican Senator John McCain, who sits on the health committee, described the cost forecast as "a body blow" to the Democrats' plans.

REUTERS

Dishwashers use less resources

Energy-efficient automatic dishwashers use half the energy and one-sixth of the water versus the old-fashioned way, according to a study out of the University of Bonn in Germany. Sometimes it's easy being green. TORSTAR NEWS SERVICE

Going Green

Bridge made of cardboard

Japanese architect Shigeru Ban used a mixture of cardboard tubes, recycled labels and creative engineering to build a 22-metre-long footbridge over the Gardon River in southern France in the summer of 2007. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Environmental myth or half-truth?

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

We were recently visiting with a friend who said she really wanted to be a responsible environmentalist, but found it difficult to know what to believe. The problem for her, as for all of us, is that she is constantly bombarded with conflicting information or "twists" on information.

The problem we find is individuals and organizations will tell you the Truth as they see it. Everyone is sharing an opinion, too often disguised as fact. It's a particular problem in the online age where information is disseminated long before it is vetted.

We had thought to write an article on environmental myths this week. Many industry groups and environmental organizations dedicate web space to debunking the "myths" perpetuated by other groups.

What is striking is how often two rival camps will cite the same studies and authorities, but select those elements that support their respective world views.

For example, a major business organization debunks the myth that we face a crisis in global deforestation, citing a UN report that forest cover is increasing in the U.S. and Europe and that 73 per cent of tropical rainforests remained intact. An environmental organization cites the same report, but emphasizes the sections detailing the rate of rainforest loss and the change in forest habitat in areas of regrowth.

"Many industry groups and environmental organizations dedicate web space to debunking the 'myths' perpetuated by other groups."

So, who's right? Who do we listen to? In answer to both questions, everyone and no one. It would be easier to have a single authority we could trust to distill the information and give us an answer to the questions "Nuclear or Coal? Cloth or Disposable? Organic or Conventional? Ginger or MaryAnn?" However, we have seen how well the single voice of truth has played out in some countries. So the onus is on all of us to trust no single source of information, but to read many sources representing different views. Most will convey some part of the truth, few will convey it all. But don't take our word for it, read someone else.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Rival camps will often cite the same studies to support their views, such as answering questions like "Nuclear or Coal?"

Chemical ban takes aim at rubber duckies

TOYS Six common man-made chemicals will be banned in soft vinyl toys and lead limits will be lowered under proposed regulations announced by Ottawa.

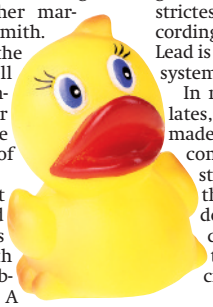
The regulations are a measure "to help ensure that products intended for children are safe," said Health Minister Leona Aglukkaq in a press release.

"This not only catches us up with the U.S. and Europe, it's somewhat better than their regulations," said Rick Smith, executive director of Environmental Defence.

Without new rules, Canada risked becoming a dumping ground for toxic toys that were illegal to sell in other markets, said Smith.

Is this the death knell for the iconic rubber duck, the symbol of toxic toys?

"Not at all," said Smith. "It's the rebirth of the rubber duck." A phthalate-free ducky is already available.



On the ban list

- The proposed changes will ban six chemicals known as phthalates from soft vinyl toys and child-care articles, such as school supplies and vinyl bibs.

The government also proposed lowering lead limits in a range of consumer products, including young children's playthings, teethers and baby bottle nipples, as well as mouthpieces worn in sports and used with musical instruments.

The new limit, 90 milligrams of lead per kilogram, is among the strictest in the world, according to Health Canada. Lead is toxic to the nervous system.

In recent years, phthalates, which are man-made chemicals, have come under fire as studies have linked them to a range of developmental concerns and reproductive problems, especially in boys.

TORSTAR NEWS SERVICE

5 Green tips if you're going out camping this summer

Before you head out to one of Canada's beautiful parks for that much-anticipated camping trip, consider the following tips that will enhance your camping experience and care for the environment.

1 Sort your garbage: Bringing different waste bags to separate food scraps and other garbage from paper waste can be helpful. When sorted, recycled fibre paper napkins can multitask to help you start a campfire later.

2 Use reusable dishes: Do not use styrofoam and plastic picnic dishes and flatware. Washing dishes can be a chore, but it will reduce the amount of garbage you produce onsite.

3 Repackage food: Remove all food packaging and repack it in reusable containers. Don't bring individual packed food items, and clean up all food scraps while camping.

4 Meal time: When eating, you can use White Swan napkins to help keep mess to a minimum. Made from 100 per cent recycled paper and created using environmentally sustainable manufacturing process, they have less of an impact on the environment.

5 Bathroom etiquette: Bring and use one-ply products like White Swan bathroom tissue because it's made from 100 per cent recycled fibre and breaks down faster.

NEWS CANADA

Use reusable dishes and mugs to reduce garbage onsite.

Solar/LED street light smartest: Developer

SMART Eco Alternative Solutions has developed a Solar/LED street light that it says is smarter than existing systems. Together with Echelon's Smart Server system, it says cities will now have control over their street-lighting infrastructure, including allowing users to dim, completely turn off, pre-program times, assess current ambient weather conditions, and adjust accordingly, along with many other customizable features.

In a 9-1-1 call emergency, for example, the street lights closest to the home can be set to begin flashing.

The system can even be controlled with an iPhone, as the mayor of San Francisco demonstrated in March when the city launched its LED test pilot, Eco Alternative said.

Echelon's technology is used in street-light systems in Oslo, Norway, Ville de Quebec, Canada, and cities in France and Germany, with demonstration sites in Anchorage, Alaska, San Francisco and San Jose, Calif., the company said.

Eco Alternative Solutions is accepting applications for a free 90-day trial of their ISS Solar/LED street light. The deadline for the applications is Friday.

METRO NEWS SERVICES

Vettel takes British GP
Germany's Sebastian Vettel won the British Formula One Grand Prix in a Red Bull one-two yesterday. Australian Mark Webber finished runner-up, 15.1 seconds behind the 21-year-old, with Brazilian Rubens Barrichello in third place for Brawn GP. REUTERS

Sports

Sundin out for Olympics

Mats Sundin, left, will not play for Sweden in the Olympic hockey tournament next year. "There will be no Olympics in Vancouver for me," Sundin was quoted as saying on the Swedish newspaper Expressen's website. Sundin said he is still pondering his future in the NHL and did not rule out playing another season with Vancouver. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

U.S. Open enters Day 5

Barnes, Glover tied after three rounds; Weir six strokes back

Ricky Barnes and Lucas Glover held a share of the lead after one hole in the U.S. Open final round yesterday as the weather-delayed tournament spilled over into a fifth day.

PGA Tour rookie Barnes, surprise pacesetter after the second and third rounds at Bethpage Black, bogeyed the par-four first after driving into the left rough to join playing partner Glover at 7 under, five ahead of the chasing pack.

The duo then teed off at the par-four second, Barnes again ending up in the left rough while Glover found the fairway, before the siren sounded to end play for the day in fading light.

Although they had the option to complete the hole, the co-leaders decided to leave the course and will return for the resumption of the final round at 9 a.m. local time today.

Former world No. 1 David Duval, making a popular return to form after eight years in the golfing wilderness, was among their closest challengers, bogeying the first to lie 2 under overall after two holes.

Level with Duval in a four-way tie for second were fellow Americans Hunter Mahan and three-times major winner Phil Mickelson, plus Britain's Ross Fisher.

Mahan and Bethpage crowd favourite Mickelson had 16 holes to play while Fisher was yet to complete the second.

Mike Weir of Bright's Grove, Ont., was at 1 under after going 1 over through the first three holes of his final round.

Triple champion and holder Tiger Woods, who won the 2002 U.S. Open at Bethpage, was seven shots off the pace, having knocked in a six-foot birdie putt at the par-four seventh shortly after play was suspended for the day.

Players were sent out in pairs from the first and 10th tees for the final round, which organizers hope to wrap up by around 2 p.m. local time. REUTERS

Queen's Plate Run a horse to water

MIKE CASSESE/REUTERS

Eye of the Leopard is cooled off with a water hose after winning the 150th running of the Queen's Plate horse race yesterday in Toronto. The 2-1 favourite took the lead in deep stretch and went on to win.

Sports in brief

CANADIENS SALE Montreal Canadiens owner George Gillett and Geoff Molson issued a joint statement Saturday saying they have an agreement in principle for the Molson family to purchase the storied NHL club. Details weren't released, but reports said Gillett's 80.1 per cent interest should exceed $500 million and could even top $600 million.

SWIMMING American swim star Michael Phelps won the 100-metre freestyle yesterday in a time of 48.65 seconds at the Canada Cup in Montreal. Matthew Targett was second in 48.87 seconds.

METRO NEWS SERVICES

Federer to open Wimbledon in Nadal's stead

TENNIS Roger Federer may well feel like an imposter when he steps out to open Centre Court proceedings at Wimbledon today.

The 27-year-old Swiss has been given the honour usually bestowed on a reigning champion after his great rival and title holder Rafael Nadal pulled out of the grasscourt major with a knee injury before a ball had even been struck.

That left officials in no doubt about who should step in for the Spaniard.

"I shouldn't deserve it this year because Rafa deserves it but am obviously very honoured that the championships chose me again to open the tournament," said Federer, whose five-year Wimbledon reign was ended by Nadal in a spectacular five-set final last year.

"I shouldn't deserve it this year because Rafa deserves it."
Roger Federer

The newly-crowned French Open champion, who became only the sixth man to complete a career grand slam, will begin his pursuit of a record 15th grand slam title against the only Asian man in the draw, Lu Yen-hsun of Taiwan.

While British fans have already started anticipating a Federer-Andy Murray final on July 5, they will have to wait until tomorrow to catch a first glimpse of the third seed.

Instead, local supporters can exercise their vocal chords by cheering on 15-year-old Laura Robson, who earned a wildcard thanks to her run to the junior title 12 months ago.

She and her opponent Daniela Hantuchova have been given the honour of contesting the first match on the new 4,000-seater Court Two. REUTERS

Overbay carries Jays past Nats

MLB RESULTS

Toronto 9 Washington 4

BASEBALL Lyle Overbay went 3-for-5 with a solo homer and five RBI, as the Toronto Blue Jays routed Washington 9-4 in the finale of a three-game interleague series at Nationals Park.

Alex Rios doubled and knocked in three runs for the Blue Jays, who managed to take one game in the series. Toronto has won four of six overall.

Ricky Romero (4-3) earned the win after working seven solid innings. The rookie left-hander gave up two runs on eight hits, struck out six and walked three.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY
Colorado 5 Pittsburgh 4

TODAY
Chicago Cubs at Atlanta
St. Louis at N.Y. Mets

INTERLEAGUE

YESTERDAY
Toronto 9 Washington 4
Baltimore 2 Philadelphia 1
Boston 6 Atlanta 5
Chicago Cubs 6 Cleveland 2
Chicago White Sox 4 Cincinnati 1
Detroit 3 Milwaukee 2
Florida 6 N.Y. Yankees 5
Houston 4 Minnesota 1
San Diego 4 Oakland 1
San Francisco 3 Texas 2
Seattle 3 Arizona 2
St. Louis 12 Kansas City 5
Tampa Bay 10 N.Y. Mets 6
L.A. Dodgers 5 L.A. Angels 3

TODAY
Colorado at L.A. Angels
San Francisco at Oakland

TOMORROW
Cincinnati at Toronto
Boston at Washington
Chicago Cubs at Detroit
Cleveland at Pittsburgh
Philadelphia at Tampa Bay
Baltimore at Florida
N.Y. Yankees at Atlanta
St. Louis at N.Y. Mets
Kansas City at Houston
Minnesota at Milwaukee
L.A. Dodgers at Chi. White Sox
Texas at Arizona
Colorado at L.A. Angels
San Francisco at Oakland
San Diego at Seattle

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Comment

Take pride in your deck

HineSight

It's Pride week in my city and my partner, Liz, and I have hit on the perfect way to celebrate. We're going to spend the whole of parade day staining our back deck.

I remember my first Pride. I was alone, barely "out" and entirely terrified. I'd heard the thing to do was to appear naked, so I wore shorts that almost didn't cover my knees.

For me, naked is a relative term.

My first 15 minutes on Toronto's Church Street I was blasted with a high-power water gun, bumped into by two men chained together at the nipples and hit on by a woman with a pink Mohawk wearing nothing but Daisy Duke shorts and a smile. I loved it all.

My favourite Pride moment occurred years later.

A gaggle of elderly lady tourists stopped my friends and me, asking in halting English, "What is happening here?"

We said it was Gay Pride.

They consulted their translation book and announced, "We gay too!"

Later we passed them again, decked in sparkly boas, sporting temporary rainbow tattoos and slightly tipsy.

"I don't think they know what gay is," a friend said.

I suspect they did.

Over the years, Pride has changed.

You now see things you'd never expect.

Like straight people.

The ratio of straight to gay spectators has become so high they'll soon have to stock the street with gays just to keep up the image of the event.

Most gay people choose to spend the parade period engaging in other crucial social planning issues; staking out the best seats in the beer garden for when the event's over.

This year, my glorious transwoman daughter, Jade, is getting ready to attend Pride for the first time.

I have to admit, I never imagined myself saying to my child, "You're not going anywhere in just a leather mini-skirt and black bra, missy. For God's sake, put on some sunscreen."

And Liz and I?

Our way of honouring what Gay Pride has achieved is to behave in a way that would have been unthinkable in previous decades … just like any other middle-age, married couple. If gay men and women before us fought for anything, it was for being gay simply not to matter.

So, come parade day, my wife and I will raise a cold beer in gratitude to those who made our wonderful, normal life and love possible. Hopefully on a newly stained deck.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Ferry boss laments state of maritime travel

InTransit

Just because Ihab Shaker is disenchanted with the state of passenger ferries in Metro Vancouver doesn't mean he's planning on sailing away from the region anytime soon.

The owner of Coastal Link Ferries — which serves walk-on commuters between Bowen Island and downtown Vancouver — fumes over the uneven playing field for his privately run service, and the layers of bureaucracy he is constantly up against.

But far from giving up in the face of adversity, the sea captain is gamely expanding his business.

Since the winter, he has tripled the number of sailings between Bowen's Snug Cove and Vancouver's Coal Harbour. An upswing in customers has naturally followed.

More recently, according to Shaker, he has reached an agreement with the Port of Vancouver to construct a new, albeit modest, terminal for his ferry between the SeaBus station and the Helijet landing pad on the south shore of Burrard Inlet.

Before the dock deal, Coastal Link had wanted to park its vessel at a previously unused dock at the SeaBus site. But TransLink rebuffed the company's advances. Instead, that ferry dock is now being used by a whale-watching tour boat. Shaker says that his new facility likely won't be completed until summer's end, meaning he will continue to load passengers, less conveniently, at Harbour Green Park.

In the meantime, he asks bitterly, "Why won't TransLink let me in?"

His frustration goes beyond a dock, mind you. According to Shaker, Metro Vancouver lags behind other cities when it comes to passenger-only ferry service — the SeaBus operation notwithstanding.

"More than Sydney, more than New York, more than Boston, if you look at a map of B.C. you will see that we are the most suitable harbour to have a viable ferry system," he says.

One of the problems, argues Shaker, is that small operators like him face stiff competition from B.C. Ferries, which is government-subsidized.

While Shaker is pursuing a new service between downtown and the Sunshine Coast, he maintains that other proposals announced recently — such as a walk-on ferry connecting Vancouver to Nanaimo — stand little chance of survival.

"I'm the only one who has been able to survive, and that's because of the design and fuel efficiency of my boat," says Shaker, who relishes his underdog status on the Bowen-to-Vancouver route.

"I challenge TransLink or B.C. Ferries to show a more efficient and environmentally friendly way to transport people between these two destinations."

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

MICHAEL DE ADDER

Letters

False Creek dollars going to waste with no relief in sight

Re: False Creek residents being put to the test. (June 19)

False Creek North has been adversely affected by city council's decision to provide shelter without rules to the dangerous drug trade instead of the homeless. There are many photos and personal stories to back this up, as told at the town hall meeting. False Creek is the centre of a world-class destination, being at the hub of Yaletown, Granville Island, Stanley Park and downtown Vancouver. There have been millions of dollars spent by the province, city, merchants and residents to clean the creek for the daily use by all, tourists and locals alike.

Why would Mayor (Gregor) Robertson and council trash this jewel by making it so unsafe?

DAVE ROTHWELL, VANCOUVER

Legalizing prostitution will not solve problems it creates

Re: Most in DTES OK with legal prostitution, says survey. (June 19)

Since when are 122 people representative of the entire Downtown Eastside? I find it interesting that the survey does not include the voice of the prostitutes … What do they really want? I have a little girl … not once has she or one of her friends said, "Mommy, when I grow up I want to have sex with strange men for money." There seems to be a popular opinion that if we make something legal it takes away the problem. The only way to reduce prostitution is to make the purchasing of prostitution illegal — and to enforce it. To increase the money, education and services available to single mothers so they have more options available to them.

SARAH BROOKS, BURNABY

Metro Online Poll Results

29% SAID YES

Was PETA's disdain at Barack Obama's fly-swatting tongue in cheek?

Weigh in on today's question at metronews.ca

71% SAID NO

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Worst is over, Soros says
The worst of the global economic crisis is over, multi-billionaire financier George Soros told Polish news channel TVN24 yesterday urging the creation of international regulations to oversee global markets. REUTERS

Business

Ground broken for spaceport
New Mexico Governor Bill Richardson, left, broke ground Friday on construction of Spaceport America, the world's first facility built specifically for space-bound commercial customers and fee-paying passengers. The $198-million project, which is being funded by the New Mexico state government, is located on a remote high-desert range near the town of Truth or Consequences. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Nortel says it will sell advanced wireless unit

Telecom equipment maker Nortel Networks said on Friday that it will sell its advanced wireless technology business to Nokia Siemens Networks for $734 million and that it was making progress in talks to sell its other businesses.

Nortel, once the largest North American maker of telecommunications gear, collapsed into bankruptcy in January, blaming the economic crisis for derailing a turnaround effort that began in 2005.

Nokia Siemens, a joint venture of Nokia and Siemens, had made an unsolicited offer for parts of Nortel's carrier network group, but the price and scope of a deal had been unclear.

The telecom equipment industry is consolidating and leaving only a few global players — market leader Ericsson, Huawei, Nokia Siemens and Alcatel-Lucent.

The deal will allow Nokia Siemens to expand its presence in North America and make it a leading supplier of wireless infrastructure products in the region, it said in a separate statement announcing the deal.

The transaction includes Nortel's CDMA business and LTE assets. CDMA is the technology that lost the battle for global dominance but still has a strong position in some markets, including North America. Nortel has a roughly 30 per cent share of the global CDMA market.

LTE is a new high-speed wireless technology that is intended to replace current mobile networks. LTE networks are slated to be deployed in the coming years by large wireless carriers including Vodafone Group Plc. and Verizon Communications Inc.

REUTERS

Employees

- Under the terms of the deal, at least 2,500 Nortel employees in Canada, the United States, Mexico and China have the opportunity to keep their jobs under Nokia Siemens Networks ownership.

Apple New iPhone

ROBERT GALBRAITH/REUTERS

Adam Jackson displays his Apple iPhone 3GS after becoming the first customer to purchase the product at the company's retail store in San Francisco on Friday. Apple's latest iPhone hit stores on Friday with new features and faster speeds, drawing some fans, but not the crowds that had swarmed the previous iPhone launches.

In brief

JOBS Apple Inc. chief executive Steve Jobs underwent a liver transplant operation about two months ago and is expected to return to work by the end of June, The Wall Street Journal reported Saturday. Jobs, a pancreatic cancer survivor, has been away on medical leave since January for an undisclosed condition.

MINING Xstrata wants talks with mining rival Anglo American about a proposed merger of equals worth about $76 billion, seeking increased scale and cost synergies, Xstrata said yesterday. Anglo is likely to resist the attempt by Xstrata to forge a larger mining group, a source close to the situation said.

PARAMOUNT Hollywood studio Paramount Pictures, which suffered the first big bomb of the summer last weekend with an Eddie Murphy comedy, has fired its top production executive after barely 18 months in the job. REUTERS

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METRO NEWS SERVICES

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Still room for worldwide success of family business

SMALL BIZ Talks of the big three auto, multinational banks and global business may be a focus of today's economy, but family-owned companies continue to be the backbone of business — and they're sharing some pretty strong success stories.

Take for example, Australia's yellow tail wine. In the history of beverage brand development, there have been few wine brands that have had the impact that yellow tail has. Recognized by the rock footed wallaby — not a kangaroo — on its bottle, the business was built from humble beginnings to become one of the world's leading, most recognizable wine brands and Australia's greatest single wine exporter — all while continuing to be managed and run by family.

Phillip, John and Marcello Casella of Casella Wines.

The founders of Casella Wines, Filippo and Maria Casella, makers of yellow tail, emigrated from Italy to Australia in 1957 and began their winemaking careers at Yenda, in the New South Wales Riverina region in 1969.

One family's success story

A former prisoner of war, Filippo worked as a labourer for five years to raise enough money to buy land to grow grapes. His dedication and hard work paid off. In 2001 yellow tail was launched in the USA selling 820,000 cases that year.

Today yellow tailsells approximately 11 million cases of wine worldwide and is the number one imported wine in Canada.

In spite of its global growth, Casella Wines is still very much a hands-on family business, says John Casella, son and managing director for Casella Wines.

In addition to producing wine, the company is also focused on helping its community by offering a scholarship for undergraduate winemakers, nurses and medical students at Charles Sturt University in Australia.

The business has also considered its ecological impact and built the largest water recycling treatment plant in Australia, capable of recycling the equivalent of 160 Olympic-sized swimming pools each year.

"We are proud of our success but more proud of the fact we are all working together, recognized and respected," says John.

"The winery is more than just about making a wine that consumers love and enjoy. For me it is all about family. My favourite moment happens every Sunday when the entire family gathers around the table to share a great meal and afternoon together and of course, yellow tail is always present."

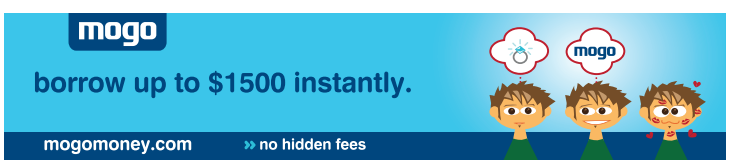
NEWS CANADA

Tips if you find yourself in an auto accident

INSURANCE Being involved in an auto accident can be extremely stressful, but filing a claim shouldn't be. Knowing what to do immediately following an accident can make filing the claim much easier and prevent any confusion. Below are some key items RBC Insurance reminds you to be aware of in the event they are in an accident.

- Do not discuss the accident with anyone other than the police and do not accept responsibility.
- Immediately obtain information from all car owners/drivers involved including their full names, addresses, phone numbers, plate and driver's licence numbers, auto policy number and issuing company. Remember to always keep a pen and pad in your vehicle.
- Get complete contact information of any witnesses, especially if they were not involved in the accident.
- Write down details such as the time, date and location of the accident, as well as road conditions.
- Sketch the positions and directions of all vehicles involved, if possible.
- If possible, call your auto insurance company right away.
- Do not accept offers from random tow truck drivers until you have contacted your insurance company.

NEWS CANADA



According to a survey, a full 90 per cent of respondents said they were willing to spend more for homes that deliver better indoor air quality and are more energy-efficient.

New breed of buyers trim energy use

Learn more about the future of homebuying

A new trend is emerging among those Canadians thinking of buying or building a new home.

According to a survey by EnerQuality Corporation, a home energy training and consulting firm licensed to deliver Natural Resources Canada's (NRCan's) Office of Energy Efficiency (OEE's) new housing initiatives, nine out of 10 buyers will be looking for energy efficiency features in their next home.

A full 90 per cent of respondents also said they were willing to spend more for homes that deliver better indoor air quality and are more energy-efficient.

The findings could help explain the explosion in the number of homebuilders lining up to become licensed in delivering OEE's new housing programs — EnerGuide Rating System (ERS), ENERGY STAR for New Homes and R-2000.

The homebuilding industry is undergoing one of its most significant transformations in recent years as it responds to higher consumer demand for greener homes and more energy-efficient building practices.

"Homes built to the R-2000 standard achieve a minimum energy efficiency rating of 80 on the EnerGuide scale. This translates to a home that uses approximately 30 percent less energy than an average newly built home."

In order to satisfy the demand, homebuilders are implementing a number of federal and regional programs across Canada designed to provide a consistent, cohesive approach to building energy-efficient homes. It's important to understand the available initiatives so take note.

The ERS determines the home's level of energy efficiency on a scale from 0-100. Tools such as the ERS and R-2000 Standard are used in support of regional energy-efficiency initiatives such as ENERGY STAR for New Homes, Power Smart New Homes, Built Green, Yukon GreenHome, and Novoclimat.

The R-2000 standard reflects the best in technology development by the federal government and the homebuilding industry. Homes built to the R-2000 standard achieve a minimum energy efficiency rating of 80 on the EnerGuide scale.

This translates to a home that uses approximately 30 percent less energy than an average newly built home. In addition, there is a series of technical requirements for ventilation, airtightness, insulation, choice of materials, water use and other factors, etc.

If you plan to build or buy a home in the coming months, you should brush up on the latest trends, terminology and technology, and look into R-2000 and other regional housing energy efficiency initiatives. Visit newhomes.nrcan.gc.ca for information.

NEWS CANADA

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Metro Workology exclusive: Head to Toe

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

Workology

Not enough nurses

Educators in Newfoundland and Labrador say there is not enough space in the province's nursing school to train the individuals interested in the occupation, and N.L.'s nursing shortage is likely to get worse. By 2012, the number of nurses retiring every year may match the number of new nurses graduating. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

One dentist says that one of the best parts of the job as opposed to a medical doctor, is you do not have to do a residency, will never be on call 24-hours a day and can work a consistent schedule.

Dentistry: Smiles aren't easy

Tooth focus allows for convenient schedule, but it's not often people will like you

Head to **Toe**

MAT LECOMPTE
for Metro Canada

There are three absolute truths about dentists:

- They can make a good living;
- They have a regular schedule compared to their medical counterparts;
- They really have to work hard to make sure people like them.

After all, with the drilling, discomfort and the fingers-in-mouth they so generously provide, it's easy to see why Walt Disney didn't pick one for face of the franchise.

"No one wants to go to a grumpy dentist," says Dr. Jasmin Fitch of Stouffville, Ont. "A lot of it is about making sure the patients are happy and comfortable. You have to be a people person."

Fitch, 26, has been working up in Kirkland Lake, Ont., for the past 11 months upon graduating from the University of Toronto's Faculty of Dentistry. She admits that most of her patients may not necessarily like what she does, but she takes the necessary steps to ensure they like her.

"You want to make it a memorable, fun experience for them and not just about the work itself," she says. "It's important to take their minds off the work."

Whether she's got a five-year-old in the chair for a check-up or a 55-year-old saddled up for a root canal, her approach is the same — find some common ground, be fun and have a good time (or as good a time as possible). She finds staying current with TV shows ranging from Dora the Explorer to American Idol help this, as does randomly breaking in to an impromptu radio sing-a-long. After all, she wants to make sure she has an enjoyable day, as well.

With a child of her own due in mid-summer, she also appreciates the schedule dentistry allows her. A self-admitted "Monday to Friday, nine-to-five kind of girl," she likes the way she can book appointments during the weekdays and leave her work at the office in the evening. For someone considering a career in health sciences, this is an important consideration.

Fitch points out that as opposed to a medical doctor, she did not have to do a residency, will never be on call 24-hours a day and can work a consistent schedule. It was these lifestyle factors that greatly helped when choosing which avenue she wanted to pursue in the life sciences.

Set to return from Kirkland Lake in early June, Fitch is excited about getting her career rolling in the GTA. She feels she now has the experience under her belt to enter a more competitive market. In fact, the reason she went all the way up to Kirkland Lake was "to get the most experience as possible."

Working at the only clinic in hundreds of kilometres, she was able to book patients to fill her days months in advance. With the concentration of dentists in Toronto, she says, the same opportunities for young dentists don't exist.

Requirements

If you're interested in pursuing a career as a dentist, here are the academic requirements you'll likely need to get into a good dental school:

- One full-year course (or two half-year courses) in general biochemistry;
- One full-year course (or two half-year courses) in human or animal physiology;
- Two full-year courses (four half-year courses) in life sciences;
- One full-year course (two half-year courses) in Humanities or Social Sciences;

For more of the Head to Toe exclusive series check Workology frequently or stop by: **metronews.ca/work**

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Super computer goes online
The University of Toronto's newest supercomputer — the fastest of its kind in Canada — went online last week. The $50 million machine can perform over 300 trillion calculations per second. METRO NEWS SERVICES

Sewing pattern into fabric ... and a career

OddJobs
Diane Peters
Metronews.ca/oddjobs

Laurie Swim has been quilting since she was 16 years old.

Nova Scotia-born Laurie Swim started sewing at around age 10. Her mom bought a machine and the young girl quickly took it over.

She started out with clothing. She once made a reversible ski jacket. Her grandmother did not believe it was her own creation.

At age 16, she made her first quilt.

"It just spoke to me. The colours, the texture," says Swim.

She studied art at Mount Allison University and the Nova Scotia College of Art and Design. After graduation, she apprenticed with two weavers in Denmark.

Overseas, she began to miss quilting, and when she came back to Canada had a woman who lived near her family home in Lockeport help her create a black and white quilt she called Eve's Apple.

The dramatic piece was a far cry from a bedspread: People were shocked by its bold look. "It was considered revolutionary at the time, it broke with tradition," says Swim.

The Nova Scotia Designer Craft Council accepted it for its exhibition that year, and it won best in show. Swim took it and another quilt down to New York City, and pictures were published of them both in major U.S. craft magazines.

Swim moved to Toronto in the mid 1970s and continued with her creations and landed some corporate commissions, including a 64-foot piece for the Bank of Nova Scotia.

For a few years, Swim, her husband and their son lived in Kingston, Ont. There, in 1995, she worked with the Kingston and District Labour Council to create a quilt memorializing the building of the Rideau Canal. The council and members of the community helped Swim source fabric, cut it up into thousands of thumbnail size pieces, and sew.

Now 60, Swim has numerous community art projects, gallery shows and three books on her resumé. She and her husband recently moved back to Nova Scotia, where Swim has been inspired by local history and the Maritime landscape.

She spends her mornings on her computer, answering emails. She goes to her storefront studio in Lunenburg — which is not far from her home — around 11. There, she draws ideas for new quilts and uses an overhead projector to create patterns on large pieces of paper. When she quilts, she uses a professional-grade sewing machine that allows her to do free-motion sewing.

She brings home hand sewing to do in the evening. And, day or night, she's always got her digital camera on hand to snap pictures of the landscape around her for images and inspiration.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Whitford, Kaczmarek file for divorce

TV vets Bradley Whitford and Jane Kaczmarek filed divorce papers on Friday in Los Angeles, People reports. The couple married in August 1992. TVGUIDE.COM

Entertainment

Heigl returns

Katherine Heigl will return to Grey's Anatomy for Season 6, according to a statement from ABC. The news comes after T.R. Knight's Grey's Anatomy exit was finally confirmed. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Nickelback tops

MuchMusic Video Awards welcome the glitterati

BRIAN COULTON
for Metro Canada

The top nominated band was also the most victorious at last night's MuchMusic Video Awards, with Nickelback taking home three out of the five awards it was up for.

The Vancouver-based band triumphed in the categories Video of the Year, MuchLOUD Rock Video of the Year and Post Production of the Year for the music video version of single Gotta Be Somebody from the band's 2008 release, Dark Horse.

Chad Kroeger

The MMVAs, which annually shuts down the streets surrounding MuchMusic's Toronto headquarters at Queen and John streets, didn't stray from tradition, as fans thronged the area around the outdoor red carpet, hoping to see the host of musicians and celebrities in attendance.

Their enthusiasm for the event was evident when co-hosts the Jonas Brothers took the stage to perform at the top of the show. A gaggle of audience members met the New Jersey pop act with screams, setting an energetic tone for the show.

Gossip blogger Perez Hilton also drew cheers when, on the red carpet, he bypassed the security fence to meet his fans and sign autographs. Professing his appreciation of the city and country, Hilton said, "I love that Toronto feels like a real city … Canada, like Lady Gaga, embraced us before anyone else."

New York electronic dance artist Lady Gaga was an early winner of the night, taking home the International Video of the Year — Artist award for her single Poker Face, thanking her fans, "God, and the gays," before performing later in the night.

Other victorious artists included Toronto-based R&B newcomer Danny Fernandes, who picked up the Pop Video of the Year honour, Toronto alternative rock band Billy Talent who, with their fathers accompanying them, received the International Video of the Year by a Canadian award.

Nova Scotia rapper Classified, a.k.a. Luke Boyd, took home the MuchVibe Hip Hop Video of the Year award, a victory for the artist who said he considers the music he makes a lot different than the mainstream.

"The hip hop that I grew up on was real music, talking about where you're coming from, what you're going through and trying to come up with something original. I feel like I should have been in the 90s making hip hop," he said with a laugh.

For a recap of events at the MuchMusic Video Awards go to: **metronews.ca/blogs**

SAUL PORTO/FOR METRO CANADA

Black Eyed Peas, performing Boom Boom Pow, took home hardware for best international video group for the same song.

primetime 6/22/09

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	3 CBC	Coronation St.	Jeopardy! (N)	Triple Sensation		Just for Laughs (CC)		CBC News: The National (N)		(:05) The Hour
255	358	6 JOY	E! News (N)	The Insider	How I Met	Engagement	The Soup (N)	Wildest TV	Final 24 (CC)		News (CC)
254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Two/Half Men	Criminal Minds (CC)		CSI: Miami "Cheating Death"		News (N)
-	-	10 OMNI	The Daily	Frasier (CC)	The Practice "State of Mind"		One Tree Hill (CC)		Scrubs (CC)	Randall Mark	New Day
252	336	11 GTV	Entertainment	ET Canada	House "Painless" (CC)		Lie to Me "Moral Waiver"		Cold Blood (N) (CC)		News (N)
256	389	12 VI	The Road to Avonlea		Gossip Girl "The Ex-Files"		The School of Rock ★★★ (2003) Jack Black, Joan Cusack.				News (N)
253	359	13 CITY	Law & Order: SVU		The Bachelorette Jillian takes the bachelors on a train trip. (N)				Here Come the Newlyweds		The CityNews
-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl "The Ex-Files"		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang Th	CSI: Miami "Cheating Death"		News (N)
287	379	16 NBC	Evening Mag.	Inside Edition	I'm a Celebrity... Get Me Out of Here! (Same-day Tape) (CC)				Dateline NBC (CC)		News (N)
602	568	19 W	How Clean	Friends (CC)	How Clean	Kim	Love It or List It		The Agents	House	Maxed Out
288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelorette Jillian takes the bachelors on a train trip. (N)				Here Come the Newlyweds		KOMO 4 News
-	-	23 KVOS	M*A*S*H	Seinfeld	Hoods ★★ (1998, Drama) Joe Mantegna, Kevin Pollak.				King	Still Standing	Scrubs (CC)
291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (CC)		History Detectives (CC)		America at a Crossroads		Wayne Dyer
290	382	28 FOX	Two/Half Men	Two/Half Men	House "Painless" (CC)		Lie to Me "Moral Waiver"		News (N) (CC)		Family Guy
-	364	45 PBS	A Brief History of Disbelief		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
298	653	65 TLA	Two/Half Men	Two/Half Men	Gossip Girl "The Ex-Files"		One Tree Hill (CC)		KTLA Prime News (N) (CC)		Friends (CC)
295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Colon Detox
199	311	76 STR	News (N)		News		Late Show-Letterman	Late Late Show		Will & Grace	Seinfeld

news

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
502	390	26 NW	Pedigree Dogs Exposed		CBC News: The National (N)		CBC News: The National		Pedigree Dogs Exposed		National
500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360

sports

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
407	419	22 RSP	Best Damn Sports Show		UFC: Access	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Motoring 2009	Rally	2009 Powerade Jam Fest (N)		SportsCentre
411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
410	403	50 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
417	406	55 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
416	409	144 GLF	Fútbol		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News

family

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach "The Video"		Mystery Hnt.
555	545	50 TEL	Total Drama, Drama Island		6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	53 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch

cable variety

Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
268	354	5 KNO	Undersea	Landscape	Around the World		Vienna 1900 Austrian capital.		On Screen (CC)		Haida Art
575	583	20 CMT	Hope & Faith	Hope & Faith	CMT's Greatest		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
570	580	24 MM	Video on Trial	Video on Trial	One Tree Hill (CC)		2009 MuchMusic Video Awards				Spotlight
600	564	25 H&G	House	House	Holmes on Homes (CC)		Property	Income Prop.	My First Place	For Rent	House
615	520	31 A&E	Obsessed "Shannon; Todd"		Crime 360 "Vantage Point"		Intervention "Chad" (CC)		Intervention "Jason" (CC)		Obsessed
628	584	32 SPKE	4th and Long (N)		Jesse James Is a Dead Man		CSI: NY "Love Run Cold"		When Stunts Go Bad (CC)		Stunts Go Bad
521	560	34 TLC	Cake Boss (N)	Cake Boss	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Cake Boss	Cake Boss	Little Couple
616	522	35 SHO	Outer Limits (CC)		Cashing In	Kink in Hair	Termination Point (2007, Suspense) Jason Priestley. (CC)				House (CC)
620	523	40 BVO	Ferron: Girl on a Road Ferron.		Law & Order "Talking Points"		Without a Trace "Exposure"		All About My Mother ★★★ (1999) (CC)		
601	562	41 SLC	In Laws	In Laws	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Spouses		Biggest Loser
520	505	42 DIS	American Loggers (N)		Daily Planet (CC)		MythBusters "Viewer Special"		American Loggers		Dirty Jobs
522	506	44 HIS	NCIS "Boxed In" (CC)		Tank Overhaul "The BMP"		For King and Empire (CC)		NCIS "Boxed In" (CC)		Sea Hunters
627	528	45 SPC	Nature Unleashed: Volcano		Stargate SG-1 "Heroes"		Star Trek: Next Gener.		Star Trek: Voyager "Demon"		Star Trek: Ent.
294	650	47 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex and-City	Sex and-City	Road Trip ★★ (2000, Comedy) Seann William Scott. (CC)			
619	525	48 TROP	Once a Thief (CC)		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
603	561	52 FN	100 Mile Challenge (CC)		Restaurant Makeover (CC)		Unwrapped	Unwrapped	Food	Glutton	Food
626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Comedians of Comedy Live		Daily Show
320	621	60 CEN	P.S. I Love	Tracey Ullman	Durham County (CC)		Nurse Jackie	The Line (Season Finale) (N)		U.S. of Tara	Frontrunners
581	566	101 MTV	Living	Sweet 16	MTV Live	After	Run's House (CC)		Living	Sweet 16	MTV Live
261	394	102 V	The Protestant Revolution		Poltergeist: The Legacy		The Seven Year Itch ★★★ (1955, Comedy) Marilyn Monroe, Tom Ewell.				
-	-	106 MUL	Eight Heroes	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics'corner

Triple Sensation

So you think you can dance? Fine, but can you sing and act? In this compelling competition, starting its second season tonight, young performers put their singing, dancing and acting abilities on the line for a $150,000 Middlefield Scholarship. Successful auditioners move on to the "master class" phase, where they polish their skills under the tutelage of renowned instructors. The opener covers the Toronto auditions. 8 PM on CBC

Dirty Jobs

Host Mike Rowe will probably never look at that glass of Cabernet the same way again after learning how to make wine barrels under the tutelage of a cooper in California's Napa Valley. It's very precise work and sometimes dangerous, as Mike discovers when one of the wooden barrels catches on fire in the "toasting" process. Later, Mike works with loggers in Tennessee who use mules instead of heavy equipment to haul the logs out. 6 PM on DIS

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **The Proposal:** $34 million US
2. **The Hangover:** $26.9 million
3. **Up:** $21.3 million
4. **Year One:** $20.2 million
5. **The Taking of Pelham 1 2 3:** $11.3 million
6. **Night at the Museum:** $7.3 million
7. **Star Trek:** $4.7 million
8. **Land of the Lost:** $4 million
9. **Imagine That:** $3.1 million
10. **Terminator Salvation:** $3.1 million

REUTERS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

airberlin.com

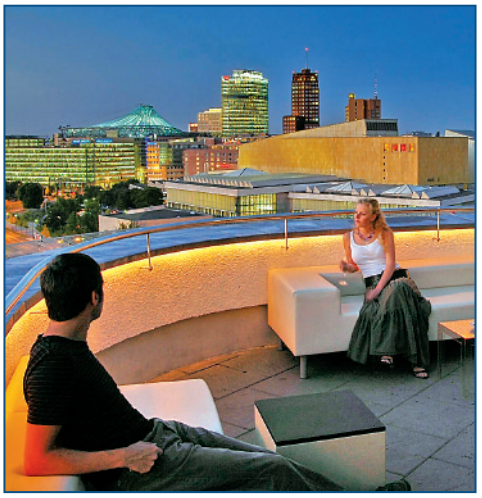
ADVERTISING FEATURE

Living it up in Berlin — on a budget

Besides its impressive history and sizzling nightlife, Berlin boasts another great advantage — it's cheap. Compared to a stay London or Paris, you'll spend far less money in the German capital. In fact, not only can you easily spend a whole day in Berlin for about 30 euros, you'll find there's no need to scrimp and save to do so. You can dine on sushi, drink wine all evening and still have money left to take a cab back to your hotel.

Many of Berlin's major sights are free. For example, you can visit the Brandenburg gate, take a tour of the majestic Reichstag parliament building and see plenty of other interesting monuments without paying anything at all.

Alternately, starting at the Hackescher Markt square, you can walk down Oranienburgerstrasse, following the signs to the former home of literary legend Bertolt Brecht. Next door is a beautiful cemetery where famous figures including novelists Heinrich Mann and Arnold Zweig are buried. Then head to one of the many bars on Oranienburgerstrasse or into Zapata, a former squat.



CLAUDIO AND MARCO FRAGASSO PHOTOS

Left, a nighttime view over Berlin from the club 40 Seconds. Right, the Brandenberg gate is just one of the many famous sights in the German capital that visitors can enjoy for free.

Sleep for cheap

Renting an apartment for holidays in Berlin is no problem. Visit ferienwohnung-zimmer-berlin.de where you'll find apartments for 15 to 25 euros per night for a group of friends. Nice neighbourhoods to stay in include Kreuzberg, Friedrichshain and Prenzlauerberg.

Cheap eats

Keep an eye out for the extended brunches and breakfast buffets in Berlin cafés, where you can have two meals in one for only seven euros. There are also plenty of cheap restaurants in Berlin: both Indian and sushi restaurants are affordable. Opposite the Rosenthaler Platz metro station, in Brunnenstrasse, is Aiko, a good Japanese restaurant.

Drinking

On Veteranenstrasse, there's a very special wine bar called Die Weinerei, where you pay two euros at the door and get an empty glass that you can refill with wine all night long. At the end of the evening, you pay for what you think your drinks were worth; see weinerei.com.

Nightlife

Hail a taxi and ask the driver for a Kurzstrecke: For 3.50 euros he'll drive you around for 10 minutes so you can see the city by night. If you want to go dancing, go to Rosies or Maria am Ostbahnhof where you can dance the night away until 7 a.m. In Berlin, cheap, arty bars and clubs pop up all over the place all the time.

Three things to do for almost free

- Take bus 100 from the Alexanderplatz and you'll get a cheap tour of Berlin's tourist highlights. With a six-euro day ticket you can sightsee the whole day — this is a much cheaper alternative to the red hop-on, hop-off buses.
- To see art for free, take the metro to Hackescher Markt. Skip the expensive shops and galleries, and check out the contemporary art galleries on Sophienstrasse. The famous German artist Daniel Richter exhibited there.
- Stop off at Humboldt University, where Einstein gave his lectures. The university is surrounded by all kinds of historical buildings, and is worth a look around. If you're craving a coffee, you can get your caffeine shot for almost nothing at the university canteen, and also get something to eat for former East German prices.

More budget tips

- On Thursday evenings, museum entry is free.
- On Tuesdays it is Kinotag in Berlin, and cinemas give discounts.
- You can easily travel by train to Berlin from other European countries and it's cheap, especially if you book early.
- Visit one of the scenic areas, like Wannsee. The landscape is beautiful and, of course, doesn't cost anything to look at. The S-Bahn will take you there.

Metro World News

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Egg-cellent side project

Reese Witherspoon has become a chicken farmer, femalefirst.co.uk reports. The actress is tending to the birds on her California ranch and has been handing out freshly laid eggs to her friends. METRO NEWS SERVICES

Celebrity Buzz

Miley and Nick back on

OOPS The rumours about Nick Jonas and Miley Cyrus being back together have been confirmed — by Joe Jonas. While the brothers were chatting with Larry King on CNN this weekend, Joe referred to Cyrus as Nick's girlfriend, leading to a lot of awkward stammering between the three brothers.

When King asked Joe if his girlfriend, Camilla Belle, was as famous as Nick's, Joe replied, "I don't think anyone's as famous as Miley Cyrus." The next night, at a concert in Texas, Cyrus made a surprise appearance onstage with Nick during an encore.

METRO WORLD NEWS

Good riddance to Doug: Hiltons

DATING THE FAMILY Paris Hilton may have moved on from her recently ended relationship with Doug Reinhardt, but it seems members of her family aren't happy leaving it alone.

"The stories out there about our family not approving of their relationship are completely true," Hilton's aunt, Kyle Richards, told E! News. "Doug was riding Paris' coat tails. The breakup affected me in a good way. It's definitely time for Paris to move on."

Hilton's mom, Kathy Hilton, agreed: "I think Paris needs to be with someone who is a bit more mature, older and has their own thing."

METRO WORLD NEWS

Leighton sex tape unearthed?

VENGEFUL EX? Gossip Girl star Leighton Meester is the latest to find herself in the middle of a sex tape controversy. A website posted clips of the video, including scandalous use of her feet, online Friday, making the full item available to paying customers.

According to Page Six, sources who've seen the whole tape say the feet featured in the video are Meester's. TMZ claims that the video was made a few years ago by an ex-boyfriend. The actress' reps had no comment.

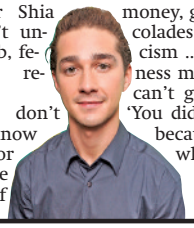
METRO WORLD NEWS

Shia: What's my job again?

CONFUSED Actor Shia LaBeouf doesn't understand his job, femalefirst.co.uk reports.

He said: "I don't even really know what it is I do for a living ... You're making a lot of money, getting a lot of accolades and positive criticism ... There's no business model for this. You can't go home and say, 'You did your job today,' because I don't know what my job is!"

METRO NEWS SERVICES



Jacko pleads legal ignorance

IN SELF-DEFENCE Michael Jackson is asking a judge to throw out the lawsuit his former publicist filed against him, on the grounds he was never served with legal papers, femalefirst.co.uk reports.

Raymone Bain, the singer's longtime rep, is seeking $44 million US in unpaid earnings from him. She was handed a default judgment in the case after Jackson failed to respond to the complaint — but he's pleading ignorance.

In a new declaration obtained by TMZ.com, Jackson claims he had no idea Bain was trying to sue him.

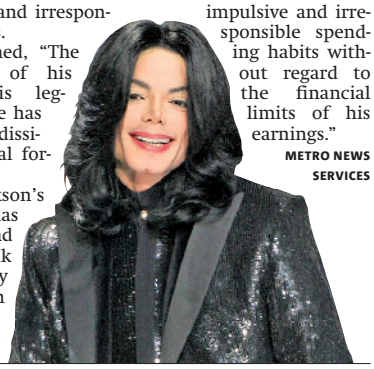
Bain's papers reveal how she tried in vain to serve Jackson with the papers, but could not breach the tight ring of security that surrounds the King of Pop. Bain reveals in the lawsuit all about her former boss' "impulsive and irresponsible" habits.

She claimed, "The magnitude of his spending is legendary as he has earned and dissipated several fortunes.

"Mr. Jackson's pattern has been to spend to the brink of insolvency and then borrow against his assets to further feed his spending would give any other individual a moment of pause.

"Mr. Jackson exhibited and continues to exhibit impulsive and irresponsible spending habits without regard to the financial limits of his earnings."

METRO NEWS SERVICES



Jen and Bradley take it slow

NEW FLAME Jennifer Aniston is dating Bradley Cooper, femalefirst.co.uk reports.

The actress — who has remained single since she split from singer John Mayer earlier this year — was spotted enjoying an intimate, late-night dinner with her He's Just Not That Into You co-star on Thursday.

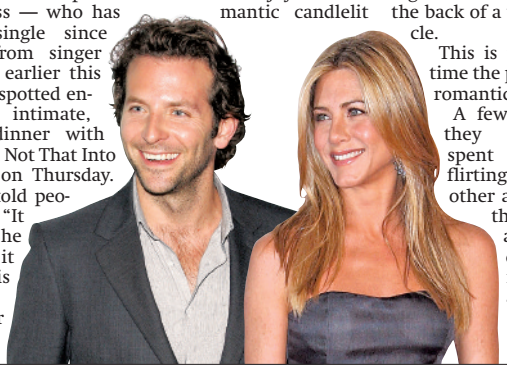
A source told people.com: "It was a date. She is taking it slow. She is obviously looking for love, but is not about to rush into anything."

The two enjoyed a romantic candlelit supper at Manhattan's Il Cantinori before leaving together and climbing into the back of a waiting vehicle.

This is not the first time the pair has been romantically linked.

A few weeks ago, they reportedly spent an evening flirting with each other at a party for the 40-year-old actress' latest comedy movie Management.

METRO NEWS SERVICES



Gisele pregnant?

BÜN IN THE OVEN Gisele Bündchen is pregnant with Tom Brady's second child, according to People magazine.

The couple's reps have not confirmed the pregnancy, but the famous couple is known for trying to keep things quiet. The Brazilian supermodel is reportedly due early next year. Brady has another child, a son, with actress Bridget Moynahan.

METRO WORLD NEWS

Ricky waffles on gay question

SNEAKY Puerto Rican singer Ricky Martin has opened the door to further speculation about his sexuality, after being asked about rumours he was gay by TV Aqui magazine. The 37-year-old, who recently became a father to twins via a surrogate mother, said his "heart could belong to a woman or a man."

METRO WORLD NEWS

GETTY IMAGES

Ryan and LiLo hit the town

PARTY PALS Ryan Seacrest hit the town with Lindsay Lohan recently, partying at the Chateau Marmont and nightclub H.Wood before retiring to Lohan's place, where the police reportedly showed up at 3:30 a.m. because of a noise complaint, according to E! News.

The pair then moved the party to Seacrest's house at about 4 a.m., where Lohan stayed until the next morning.

But according to Seacrest's Twitter, it was all business. "Met with Lindsay last night about a show idea I have for her," he wrote. "It helps people and gives others a second shot. Still putting it all together."

METRO WORLD NEWS

Madonna and child together

HAPPY ENDING Less than a week after winning custody of young Mercy James, Madonna and her new adopted daughter were united in London this weekend, according to media reports. The child arrived early Saturday after flying from Malawi via South Africa.

According to sources, Madonna and child made their first stop at the London Kabbalah Center, accompanied by her other children, Lourdes, Rocco and David.

Ex-husband Guy Ritchie reportedly accompanied them for a ceremony before heading off with the two sons. Madonna is expected to head back to New York with her children in the next few days.

METRO WORLD NEWS

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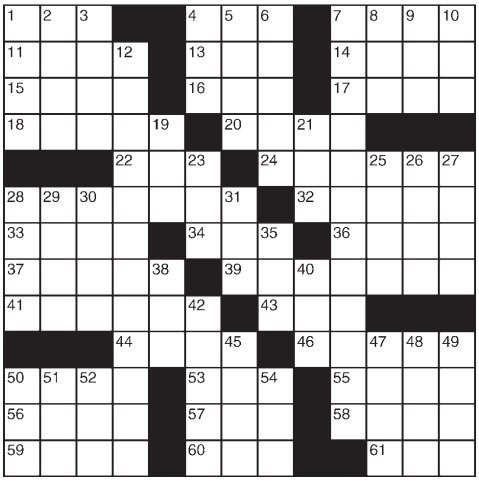
Take Five



Crossword across

1 U.K. TV network
4 King (Latin)
7 9-Down, for one
11 Came to earth
13 Corroded
14 "— Lang Syne"
15 Assess
16 Chatter
17 Note from the boss
18 Rosemary's partner?
20 Bound
22 Tiny legume
24 Fasteners
28 Graceful animal
32 Otherwise
33 Furniture brand
34 Reverence
36 Mischievous Norse god
37 Dynamite constituent
39 Authorize
41 Slow crawlers
43 Eg. and Syr., once
44 Ardor
46 Rosters
50 "Scat!"
53 Freedom, for short
55 Willy Wonka's creator
56 Chess piece
57 Victory sign
58 On the Mediterranean
59 "— Karenina"
60 Roulette bet
61 Explanation

Crossword down

1 Homer's imp son
2 Mediocre
3 Metropolis
4 Tatter
5 And others (Latin)
6 Three-masted sailing ship
7 Home of the Buccaneers
8 Regret
9 Shade provider
10 Tokyo's old name
12 Suburb of Phoenix
19 Conger, e.g.
21 Will Smith biopic
23 Carte intro
25 Winter forecast
26 Jab
27 Use a teaspoon
28 Traps
29 Related
30 Catherine — -Jones
31 Ram's mate
35 Ostrich-like bird
38 Bullring bravo
40 Crony
42 Spirited attack
45 Told a whopper
47 Beauty pageant ID
48 "The Cosby Show" role
49 Cabbage salad
50 Hot tub
51 — Solo
52 Possess
54 Foundation

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8			3		2			1
		5			1			
				7			2	
4	6			2				9
		2	7		8	1		
7				4			5	3
	5			1				
			5			7		
9			6		7			4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	P	E	R	A		G	N	U
R	I	C	E	R		R	I	D
B	E	L	I	E		E	C	O
		I	N	N	A	T	E	
A	S	P		A	G	E		A
R	I	S	K		L	L	A	M
G	R	E	A	S	E		S	A
			H	U	T	C	H	
B	E	G	U	N		H	E	S
O	M	A	N		B	O	N	N
E	C	U	A	D	O	R		O
R	E	G		N	O	D		O
S	E	E		A	B	S		P

A	C	S						
R	O	T						
M	Y							
E	N							
A	R	E						
E	R	S						
S	C	A	T					
S	P	Y						
E	T							
T	E							
S	E	T						
C	H							

8	3	9	4	6	7	5	1	2
4	7	5	1	2	9	8	3	6
1	2	6	8	3	5	9	7	4
5	4	8	3	7	2	1	6	9
9	1	2	6	8	4	7	5	3
3	6	7	5	9	1	4	2	8
7	9	4	2	5	6	3	8	1
6	5	3	9	1	8	2	4	7
2	8	1	7	4	3	6	9	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Turkey Saltimbocca brochettes

INGREDIENTS:

1 1/4 cups (300 ml) long-grain rice
Salt and black pepper
1 lb (450 g) sliced turkey breast
2 tbsp (25 ml) red pesto sauce
4 slices Parma ham
12 large fresh sage leaves
Canola oil for greasing
8 cherry tomatoes
2 lemons

METHOD:

1. Preheat grill to high and put kettle of water on to boil.
2. Put rice into pot and add salt and 2 1/2 cups (625 ml) boiling water. Stir to separate grains, cover and simmer 10 minutes. Remove from heat and let stand, covered, 5 minutes.
3. Meanwhile, rinse and dry sage leaves. Place turkey slices between two sheets of plastic wrap and pound with rolling pin until about 1/2 in. (1 cm) thick. Spread pesto over one side of each turkey slice, cover with slice of ham, and lay sage leaf on top, then season with pepper.
4. Roll up each piece of turkey and ham from long side. With very sharp knife, cut rolls into pieces about 1 in. (2.5 cm) long.
5. Holding each piece firmly to prevent unrolling, divide rolls among 4 skewers, carefully inserting skewers through sides.
6. Lightly oil baking tray, lay brochettes on top and broil 5–6 minutes per side, or until rolls are golden and turkey juices are no longer pink.
7. Rinse and halve cherry tomatoes and add to rice. Wash wax from lemons. Finely grate rind of one lemon over rice and mix thoroughly. Cut other lemon into wedges and set aside.
8. Spoon rice onto warmed plates, place skewers on top and pour over any pan juices. Serve garnished with lemon wedges.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
A new moon in the domestic area of your chart promises a new start and an end to recent upsets and upheavals.

TAURUS ♉
APRIL 21-MAY 21
Your mood will improve considerably today, not least because you discover that your cash flow situation is not as bad as you feared.

GEMINI ♊
MAY 22-JUNE 21
You can still enjoy the good things in life but as from today you will need to be a bit more aware of how much they cost you.

CANCER ♋
JUNE 22-JULY 22
Make your plans now and make them as big as you dare. What you begin over the next 24 hours is destined to be a huge success.

LEO ♌
JULY 23-AUG 23
You need to stop buzzing around here, there and everywhere and take time out to evaluate some of the things you are doing in life.

VIRGO ♍
AUG 24-SEPT 22
Activities you take part in with friends will go extremely well today. Your energy and enthusiasm will also impress employers and other important people.

LIBRA ♎
SEPT 23-OCT 23
Not everyone will agree with what you intend to do over the next few weeks. But only you have the right to decide how you will use your time and energy.

SCORPIO ♏
OCT 24-NOV 22
You will discover a new sense of direction and a new motivation over the next few days. Today's new moon will point you in the right direction. Get going.

SAGITTARIUS ♐
NOV 23-DEC 21
If you need monetary advice today or at any time this week you must call in an expert. Let someone else work it out for you — if they can.

CAPRICORN ♑
DEC 22-JAN 20
Common sense or emotions? Which one do you follow? Just this once it might pay to follow your heart rather than your head.

AQUARIUS ♒
JAN 21-FEB 18
You have been extremely active in recent weeks but now you need to go a bit easier on yourself. Think of your physical and mental health.

PISCES ♓
FEB 19-MARCH 20
One of the best times of the year begins for you with today's new moon in Cancer, so make your plans big and believe that you will accomplish great things.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. P.E. basketball hoop edge (1)
2. "17 Again" star Efron's hay piles (1)
3. Invoice Jack's nursery rhyme mate (1)
4. Use a razor on a jack or varlet (1)
5. Catch sight of dirigibles (1)
6. The Grinch creator's Bullwinkles (2)
7. More resentful trash can ignorer (3)

ANSWERS
1. GYM RIM 2. ZACS STACKS 3. BILL JILL 4. SHAVE KNAVE
5. GLIMPSE BLIMPS 6. SEUSSS MOOSES 7. BITTERER LITTERER

6-22-09

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